
NE Lesson Code BF-000-20

Breastfeeding Basics: Learning to Breastfeed

This is a motivational and educational lesson for pregnant women and their partners. It is one of three lessons developed for use with *Breastfeeding: The HowTo, Can Do* video. **Lesson BF-000-20 covers information given during the first 15 minutes of the video.** Lesson BF-000-21 covers information from the last 15 minutes of the video. A third lesson for expectant fathers, BF-000-22, may be used to support *Men and the Breastfeeding Experience*, a 5-minute video segment at the end of *Breastfeeding: The HowTo, Can Do* video.

OBJECTIVES:

Participants will be able to:

- ? recognize 2 hunger cues of newborns.
- ? explain in simple terms how breastmilk is produced.
- ? name 2 ways to recognize if a baby is getting milk from the breast.

MATERIALS:

Videotape Program: *Breastfeeding: The How-To, Can Do* video (produced by Vida Productions, approximately 25 minutes, English). For this lesson, participants will need to view the first 15 minutes of the video.

Balloons (round rather than oblong)

Magic markers

Handouts:

- ? *Thinking About Baby? Think About Breastfeeding*, stock #13-14
- ? *Tips for Nursing Moms: Common Breastfeeding Myths*, stock #13-111 which may be downloaded from the Texas WIC Web site at: <http://www.tdh.state.tx.us/lactate/tmythe.htm> or <http://www.tdh.state.tx.us/lactate/mythseng.pdf>, or you may download four one-page Frequently Asked Questions handouts from:
http://www.tdh.state.tx.us/wichd/bf/faq_myths1.htm,
http://www.tdh.state.tx.us/wichd/bf/faq_myths2.htm,
http://www.tdh.state.tx.us/wichd/bf/faq_myths3.htm, and
http://www.tdh.state.tx.us/wichd/bf/faq_myths4.htm

Note about Evaluation Forms for New Lessons:

The first few times a new lesson is presented, staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the staff evaluation form is different from the participant evaluation form. Only 10-20 participant evaluations need to be completed. Please mail completed evaluations to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, Texas 78756

TEACHING TIPS

The video is 25 minutes long. **For use with this lesson, only the first 15 minutes of the video should be shown.** Start the video where the Vida Productions logo is shown and stop the video after about 15 minutes when the section on “Engorgement” begins.

Because this video has so much information, participants may have questions raised by the video. Encourage moms and dads to ask questions and to discuss their concerns.

Have pictures of nursing moms on the walls of the classroom, showing moms nursing in different positions. *Breastfeeding, Our Most Precious Natural Resource* poster, stock # 13-54, shows a good football hold. The *Breastfeeding: Nature’s Way* poster shows a good cradle hold. If you have the Breastfeeding Interactive Bulletin Boards (BIBB’s), you may use the color photo of a mom nursing twins in the double football hold.

ICE BREAKER:

There are many things to think about while you are pregnant. What are some of your concerns now while you are waiting for the big event?

Possible answers:

- ? What to expect during labor and delivery
- ? How to manage caring for baby- cooking, cleaning, laundry and everything else
- ? Baby’s needs - diapers, blankets, a crib
- ? Money to pay for everything your baby needs
- ? Having a healthy newborn

You may also be wondering how you will feed your baby. Perhaps you have already talked about this with your doctor or your baby’s doctor, if you have chosen one. I hope each of you plan to breastfeed your baby, at least while you are in the hospital, and ideally for one full year or more. This way, your baby will receive the very best nutrition available and protection against sickness.

Breastmilk is the only baby food that can protect your baby against disease. While breastfeeding is the natural way to feed babies, there is a learning process involved for the mother and the baby. Let’s take a look at some new moms and their brand new babies.

VIDEO:

Show the first 15 minutes of the video, *Breastfeeding: The How-To* video. Stop the video after the segment “Breastfeeding Basics” and just before the beginning of “Engorgement.”

ACTIVITY:

Give each participant a balloon and a magic marker. Ask each mom to blow up her balloon and to draw a circle around the rounded end of the balloon to represent the dark area behind the nipple, the areola. Ask them to mark where the milk ducts are, as shown in the video. Using your hand, “milk” the balloon breast to show how far back the baby’s mouth must be to milk the breast well. Your hand should be where the baby’s mouth will be. Ask participants to milk the balloon breast in the same way you are.

Remember, every time your baby nurses, he is sending a message to your brain to make more milk. The more he nurses, the more milk you will produce for him to eat.

OPTIONAL ACTIVITY:

Ask participants to pick a partner with whom to role play. One will be the mother and one will be the baby. Based on the video, have the mom who is role playing the baby, give hunger cues and ask the mom who is role playing the mom, to name the cue. Or you, the instructor, may act out the cues and have participants name the cues.

Try to put your baby to the breast within the first hour of birth. If your baby is sleepy, try to waken him by tickling his feet or rubbing your nipple against his chin and lips. By introducing your baby to the breast early on,

Possible cues:

- ? turning head to the side and making sucking movements with mouth or tongue (“rooting”),
- ? sucking on fist,
- ? rapid eyelid movements during sleep, and
- ? crying.

Crying is the last cue a baby gives to tell you he or she is hungry.

After the role playing mom recognizes 2 or 3 cues, ask participants to reverse roles. Then ask the role playing baby to show signs of receiving milk as shown in the video. Have the mom name the signs exhibited. Or you, the instructor, may act out the signs and have participants name them.

Sample signs would be:

- ? soft subtle “ca, ca, ca” gulping noises,
- ? wiggling ears,
- ? jaw movement, and
- ? soft puffs of air coming from nostrils.

DISCUSSION:

We have learned a lot of new information today. Do you have questions on any topics covered in the video?

Distribute the handouts. Collect the magic markers, but let participants keep their balloons. Remind them to keep the balloons out of the reach of babies and small children.

ORAL EVALUATION

Oral Evaluation

True or False

- | | | |
|--|-------------|--------------|
| 1. Breastfeeding is the natural way to feed babies, but it does not always come naturally. It is a learning process for mother and baby. | TRUE | FALSE |
| 2. Since your baby will probably be sleepy right after birth, there is no reason to put him to the breast at first. | TRUE | FALSE |
| 3. Crying is the last cue a baby gives to tell you she is hungry. | TRUE | FALSE |
| 4. Every time your baby nurses, he is sending a message to his mother's brain that tells her body to make more milk. The more your baby nurses, the more milk your body makes. | TRUE | FALSE |

Multiple Choice:

5. Which of the following signs show that your baby is getting milk from the breast:
1. Ears wiggle
 2. Jaw movement
 3. Soft, quiet swallowing sounds
 4. Soft puffs of air from the nose
 5. All of the above

ANSWERS:

1. True
2. False
3. True
4. True
5. All of the above

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Breastfeeding Basics: Learning to Breastfeed
Evaluation Form - Participant

1. The name of the video I saw today was: _____

2. I am: (you may circle more than 1)

- a. Pregnant
- b. Breastfeeding
- c. Parent of an infant
- d. Parent of a child
- e. Family or friend
- f. Teenager

3. How much did you like the video?

- a. A lot
- b. A little
- c. Not at all

4. Do you plan to use the ideas from the lesson?

- a. A lot
- b. A little
- c. Not very much

5. Do you think this is a good video to show at WIC?

- a. Yes
- b. No

Why? _____

6. What is the most useful thing you learned from the video and discussion today? _____

7. Comments: _____

Thank you for your comments and participation!

LA# _____

Date used: _____

1. Was the audiovisual easy to see and hear?
 - a. yes
 - b. no
2. Was the lesson easy to read and follow?
 - a. yes
 - b. no

What changes would you suggest for improving the lesson?

3. Was participant feedback:

- a. positive
- b. negative
- c. indifferent

4. Do you plan to use this audiovisual/lesson again?

a. yes b. no

Comments: _____

5. **Additional comments:** _____

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